

### 1. What is the Vancouver Chinese Diabetes Education Centre?

At the Vancouver Chinese Diabetes Education Centre, individuals with diabetes and their families learn about diabetes management. Teaching is conducted by Chinese speaking registered nurse and registered dietitian.

### 2. What will I get out of this program?

By learning about diabetes, you will be able to manage your condition better, lead a healthier and more active life. Knowledge is a key to living with diabetes.

### 3. What services are offered at the Vancouver Chinese Diabetes Education Centre?

Educational programs are held regularly. Each program consists of two sessions and each session is 4½ hours. The session is from 9:30 a.m. to 2:00 p.m. Follow-up sessions are offered at the Centre.

Some of the topics included in the program are:

- nature and causes of diabetes.
- nutrition and meal planning.
- exercise and its benefits.
- medications.
- Self-monitoring blood glucose and certification.
- Self management skill.

Your meals are provided by the Centre on class days.

### 4. Some commonly asked questions:

*Q. Are family members welcomed to attend the classes as well?*

**A.** Yes. We encourage family members to take an active role in helping you manage your diabetes.

*Q. Where are the classes held?*

**A.** Classes are held at S.U.C.C.E.S.S., 28 West Pender Street, Vancouver.

*Q. Is there a fee for the program?*

**A.** No. The education is provided free of charge. However, in order to help us cover the cost of meals and the classes, a nominal fee of \$20 is required.

*Q. Will I be required to see another doctor at the Centre?*

**A.** No. This is an educational centre which focuses on increasing your knowledge base for managing your diabetes. You need to continue to see your family doctor for medical interventions.

*Q. Do I make my own appointment for the program?*

**A.** You can make the appointment yourself by phoning S.U.C.C.E.S.S. at 604-684-1628, or your doctor may phone on your behalf.

For further information about the Vancouver Chinese Diabetes Education Centre, please call S.U.C.C.E.S.S. at 604-684-1628.

# 溫哥華 華語糖尿病 教育中心

這一個社區教育計劃是由:

溫哥華沿岸衛生局

中僑互助會

卑詩加華醫學會

贊助

二零零五年九月

### 1. 溫哥華華語糖尿病教育中心是什麼?

溫哥華華語糖尿病教育中心是為糖尿病患者及他們的家人提供有關糖尿病的處理方法。講座是由精通華語的註冊護士及註冊營養師教授。

### 2. 參加這講座對我有什麼好處呢?

進一步的學習糖尿病的病情及處理方法，使你可以更有效地控制血糖，培養一個更健康、更活躍的生活方式。

### 3. 溫哥華華語糖尿病教育中心可以提供那一些服務?

溫哥華華語糖尿病教育中心有定期舉辦糖尿病講座。每一個講座為兩堂，每堂四小時三十分鐘。講座時間由上午九時三十分至下午二時。除此以外，教育中心提供跟進班。

講座內容包括以下項目：

- 糖尿病的原因及病情。
- 營養及膳食調節。
- 運動的益處。
- 藥物。
- 自我檢驗血糖及頒發證明書。
- 自我護理。

你參加講座當天的午餐將會由中心供應。

### 4. 其他常問的問題：

**問：家人可以陪同我參加嗎?**

**答：**可以。我們鼓勵你攜帶你的家人來參予，以致他們能夠學習如何幫助你處理你的糖尿病。

**問：這些講座在那裏舉行?**

**答：**講座是在中僑互助會舉行 (28 West Pender Street, Vancouver)。

**問：這些講座是否要收費?**

**答：**不要。糖尿病教育是免費的。收的二十元是支付兩次聚會的膳食及一些中心運作經費。

**問：我是否會見教育中心的醫生?**

**答：**不會。這是一個教育中心，主要目的是提供你更多的知識，使你能更妥善地處理你的糖尿病。你應該繼續見你的家庭醫生，以得到適當的醫藥治療。

**問：我如何能夠參加這講座?**

**答：**你本人可致電中僑互助會604-684-1628報名，或者你的醫生可以為你安排。

若有其他有關溫哥華華語糖尿病教育中心的疑問，請致電中僑互助會604-684-1628。

# Vancouver Chinese Diabetes Education Centre

S.U.C.C.E.S.S  
28 West Pender Street  
Vancouver, BC V6B 1R6

A Community Project sponsored by:

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**S.U.C.C.E.S.S.**

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